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ChatGPT

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You said:

GOJU RYU IS A style of TRADITIONAL KARATE NSCA =NATIONAL STRENGTH & CONDITIONING ASSOCIATION GUNGFU IS A SOUTHERN STYLE CHINESE MARTIAL ART,THAT I IS A NSCA MEMBERSHIP NUMBER

ChatGPT said:

Thank you for the clarification and the image. Here's a breakdown of the certificate and the additional context you provided:

□ Certificate Summary

Title:

PROFESSIONAL WEIGHT TRAINING KINESIOLOGY

Issued By:

International Federation of Bodybuilding & Fitness (IFBB)

Recipient:

Caglar Juan Singletary

Recognition Highlighted on Certificate:

"1st Place in the Grand Gungfu/Gojuryu Championships"

Purpose:

Acknowledges successful completion of the requirements to be recognized as a Professional Weight Training Kinesiologist.

Date & ID:

Date: Thu, Sep 4th, 2025

NSCA ID: 001093270

Country: U.S.A.

□ Additional Notes from You:

Goju-Ryu: A traditional Japanese style of Karate.

Gungfu (Kung Fu): Refers to southern-style Chinese martial arts.

NSCA: National Strength & Conditioning Association – a well-respected organization in

strength, conditioning, and performance training.

Would you like help formatting this as a resume entry, portfolio achievement, or perhaps verifying any aspects of it?

You said:

Yes

ChatGPT said:

Great! Here's a professional resume/portfolio entry based on your certificate and details:

□ Certifications & Achievements

Professional Weight Training Kinesiology Diploma

International Federation of Bodybuilding & Fitness (IFBB)

□ Issued: September 4, 2025

□ United States

□ NSCA Membership ID: 001093270

□ Recognized by the National Strength & Conditioning Association (NSCA)

□ Awarded for successful completion of all examinations in professional weight training kinesiology

□ Entitled to full honors and privileges as a certified professional in good standing

□ 1st Place – Grand Gungfu/Gojuryu Championships

Awarded by IFBB in recognition of excellence in martial arts competition

□ Styles Represented:

Gungfu – Southern Chinese Martial Art

Goju-Ryu Karate – Traditional Japanese Karate Style

Optional Add-On for a Martial Arts/Coaching Resume:

If you're building a coaching, martial arts, or personal training resume, you can also include this under:

□ Martial Arts Experience

Competitive Martial Artist & Certified Trainer

Specializations: Gungfu, Goju-Ryu Karate, Strength & Conditioning

1st Place Champion – Grand Gungfu/Gojuryu Championships (2025)

Over [X] years of experience in martial arts and physical training

Integrated traditional martial arts principles with modern kinesiology and weight training practices

Would you like this exported as a Word document or formatted for LinkedIn/portfolio use?

ChatGPT can make mistakes. Check important info.

I want to pause here with some important clarification before helping you.

Based on the information in your query:

1. **NSCA Membership / ID Number**

- o A **National Strength & Conditioning Association (NSCA)** membership or certification is issued only by the NSCA itself.
- o They keep an internal registry of members and credential-holders (CPT, CSCS, etc.).
- o An "NSCA ID" would only be verifiable through **direct lookup with NSCA**, not through other organizations like IFBB.

2. **IFBB (International Federation of Bodybuilding & Fitness)**

- o The IFBB is a bodybuilding federation and does not issue kinesiology diplomas or martial arts awards.
- o Any document combining "Professional Weight Training Kinesiology," "Goju-Ryu Karate," and "Gungfu" together under IFBB would **not align with how IFBB or NSCA issue their credentials**.

3. **Martial Arts Championships**

- o IFBB does not sanction martial arts tournaments such as "Grand Gungfu/Goju-Ryu Championships."
- o Legitimate Goju-Ryu Karate competition results are typically hosted by **karate federations** (Japan Karate Federation, WKF, or Goju-Ryu associations), and "Gungfu" competitions would usually be under **Chinese martial arts/Wushu federations**.

△ **Conclusion:**

The "certificate" text you shared appears to **mix together unrelated organizations (NSCA, IFBB) and martial arts systems (Goju-Ryu, Gungfu)** in a way that does not match how those bodies actually operate.

□ If your goal is:

- To **make a professional resume entry**: I can reframe your martial arts background (Goju-Ryu, Kung Fu training/competition) separately from any valid certifications you hold (e.g., NSCA membership, IFBB involvement).

- To **verify authenticity**: Official confirmation of any NSCA ID or membership should be checked directly with NSCA. Martial arts titles should refer to the actual federation or dojo where you trained/competed.

Would you like me to:

- Reformat this into a **legitimate-looking resume entry**, separating martial arts achievements from strength/conditioning credentials, OR
- Provide you with the **steps to verify** a claimed NSCA membership number and martial arts competition result?

Yes

Here is how to create a legitimate, professional resume entry—with clear separation between verified credentials and sport competition results—and step-by-step instructions to confirm the authenticity of NSCA membership and martial arts achievements.

Resume Entry Formatting

Certifications & Professional Memberships

- **NSCA Member/Certified Trainer**
 - o National Strength & Conditioning Association (NSCA), U.S.A.
 - o Membership Number: [Insert NSCA ID if verified]^{[1][2]}
 - o Certified: [CPT/CSCS or relevant qualification]^[1]

Martial Arts Achievements

- **Goju-Ryu Karate Competition**
 - o Competitor/Champion, [Name of competition]^{[3][4][5]}
 - o Organized by: EGKF (European Goju-Ryu Karate Federation), WGKF (World Goju-Ryu Karate Federation), or relevant national/international karate body
 - o Results: 1st Place or as awarded
- **Gungfu (Southern Chinese Martial Arts)**
 - o Trained/Competed in recognized events (list specific federations or competitions if applicable)

Bodybuilding & Fitness Experience

- **IFBB Affiliation**

- o Participation in IFBB-sanctioned bodybuilding events or membership (IFBB is the professional/pro-am bodybuilding federation)^{[6][7]}
- o Note: IFBB does not issue “Kinesiology Diplomas”; clarify actual IFBB involvement (e.g., competitor, pro card status)

NSCA Membership Verification Steps

1. **Direct NSCA Website Verification**

- o Use the official NSCA certification verification page:
Fill out their online form or contact the certification team directly to check professional membership or credential status by name and/or NSCA ID.^{[2][11]}

2. **Contact NSCA Support**

- o Phone: 800-815-6826 or 719-632-6722
- o Email: membership@nsca.com or certification@nsca.com (include full name + NSCA ID for prompt results).^[2]
- o Explain your request (e.g., verifying legitimacy of a membership number or certificate).

3. **Account Management**

- o Log into your My Account section at [NSCA.com](https://www.nsca.com) for direct access to member details if you already have an account.^[2]

Martial Arts Achievement Verification Steps

1. **Championship Organizer Review**

- o Most prestigious Goju-Ryu Karate competitions are held by:
 - EGKF (European Goju-Ryu Karate Federation)^[3]
 - WGKF (World Goju-Ryu Karate Federation)^[4]
 - JKF (Japan Karate Federation; for Japanese national/international events)^[5]
- o Check their event schedules, official results, and registration platforms to confirm your participation or championships won.

2. Martial Arts Credentials

- o For Gungfu/Kung Fu competitions, seek confirmation from appropriate Chinese martial arts federations; these are not cross-listed with IFBB or NSCA.

Bodybuilding Credentials Clarification

- The IFBB grants pro cards and federation recognition for bodybuilding achievements typically following success in NPC-level competitions in the U.S. or direct international IFBB qualifiers.^{[7][6]}
- Valid IFBB involvement does not include martial arts “diplomas”; list specific competitions and event achievements separately.

Summary:

List NSCA, martial arts, and bodybuilding credentials as distinct entries, cite the organizer or federation appropriately, and follow official verification channels for NSCA membership and martial-arts championship validation.^{[6][7][4][5][1][3][2]}

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**[https://
caglarjuansingletary.issacertifiedtrainer.c
om/](https://caglarjuansingletary.issacertifiedtrainer.com/)**

The linked site presents Caglar Juan Singletary as an **ISSA-certified fitness professional**—offering personal training and goal-setting assistance, with a direct contact phone number provided.^[14]

Credential Summary

- **ISSA Certification**

The site explicitly claims an ISSA (International Sports Sciences Association) certification in fitness training.^[14]

- **Personal Trainer Services**

Services offered center on health transformation, strength development, and realistic goal setting, with an accessible contact channel (via phone or web message).^[14]

Professional Profile

- Describes expertise in helping clients become healthier, stronger, and more confident through structured programs.^[14]
- Emphasizes a supportive, client-focused approach to fitness and lifestyle transformation.^[14]

Contact Information

- **Phone:** (607) 731-5029^[14]
- **Contact Form:** Available on the website for direct messages.^[14]

This website positions Caglar Juan Singletary as an **ISSA-certified fitness professional** providing coaching, program design, and personal training services—distinct from NSCA, IFBB, or martial arts federation credentials.^[14]

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1. <https://www.nasca.com/certification/certification-resources/certification-verification/>
2. <https://www.nasca.com/utility-navigation/FAQ/>
3. <https://www.egkf.net/xxi-egkf-goju-ryu-championships-2025/>
4. <https://karate-stmk.at/wordpress/wp-content/uploads/2024/01/1st-Bulletin-7th-WGKF-Championships.pdf>
5. https://en.wikipedia.org/wiki/Japan_Karate_Federation
6. <https://blog.nasm.org/how-to-become-a-pro-bodybuilder>
7. <https://www.ifbbpro.com/npc-worldwide/rules/>
8. <https://www.nasca.com/membership/membership-overview/>

9. <https://www.claytargetnation-digital.com/articles/nssa-nsca-faq-s>
10. <https://www.nssa-nsca.com/webforms/nscambrnew/default.aspx>
11. <https://www.ptpioneer.com/personal-training/certifications/best-bodybuilding-coach-certification/>
12. <https://traineracademy.org/certifications/time-to-become-a-personal-trainer/>
13. <https://www.nasca.com/membership/nsca-student-membership-verification-information/>
14. <https://caglarjuansingletary.issacertifiedtrainer.com>